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Bangalore Mirror ON SUNDAY

TEMP Max 28 | Min 20 | Humidity 72% Scattered Thunderstorms Sensex 80,981 | Nifty 24,717 | Gold 69,445 | Silver 82,549 | Dollar 83.80 | Euro 91.48 | GBP 107.32

SANS LICENCE

1,390 DLs suspended as police go after drivers involved in dangerous, drunk driving

PAGE 3

WINGS CLIPPED

Inconsistent, continuous rain leads to spike in bird injuries; strong winds destroy nests

PAGE 5

Over last three months, on average, nearly 55% of lakes monitored by state pollution control board have been recording extremely unsatisfactory water quality index

KINGDOM SCUM

Water from these lakes, tanks can't be used for drinking, bathing even after treatment

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TWEETS @BangaloreMIRROR

The latest water quality analysis report by the Karnataka State Pollution Control Board (KSPCB) shows that Bengaluru's water bodies are falling apart.

As per the report, nearly 55% of the lakes monitored by KSPCB have been recording an extremely unsatisfactory water quality index on average over the last three months. Moreover, 10 lakes in the city - Andrahalli, Basavanapura, Chandapura, Gangondanahalli, Gottigere, Nelamangala, Kachohalli, Rayasandra, Seetharampalya, and Shettihalli - have been categorised under Class E (worst water quality possible) for months at a stretch.

As per the Central Pollution Control Board's (CPCB) standards, water from these lakes and tanks cannot be used for drinking even after treatment, outdoor bathing, and propagation of wildlife and fisheries. They can only be used for controlled waste disposal, industrial cooling, and irrigation.

"The reason lakes fall under the Class E category is the discharge of raw sewage. KSPCB is a statutory body and has an important role to play in controlling any form of pollution. However, it has remained a mute spectator — City-based lake activist

Costly inaction

City-based lake activists say the deteriorating lake water quality is due to a lack of action by the authorities concerned. One of the mandates of the water quality monitoring process by CPCB is the assessment of water quality followed by measures to prevent and control water pollution by the state pollution control board, which is KSPCB.

Experts underline that although the Board is empowered to take legal action against erring agencies and

CONTINUED ON PAGE 4 »

Sign of trouble

Man goes to court after traffic police fine him for parking in no-parking zone; court orders refund as area did not have no-parking boards

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Several citizens have complained about being fined by the Traffic Police without any violation of norms. For them, the gritty action taken by a Yelahanka resident and the judgment by the High Court can prove to be a ray of hope.

Sharan Desai had parked his car opposite the Yelahanka Police Station in 2019 while visiting the police station to enquire about the status of a complaint filed under Section 70 of the Karnataka Police Act, 1963. In moments, Desai was shocked to see his car being towed by the Yelahanka Traffic Police as it was parked in a no-parking zone.

Desai returned to the police station to inform them that there was no signboard indicating the area as a no-parking zone and requested the police to release his car. However, the Station House Officer advised Desai to lodge a complaint at the Yelahanka Traffic Police Station. Immediately, Desai went to the Yelahanka Traffic Police Station where, upon enquiry, he was instructed by the Traffic Police Inspector to pay a penalty, including towing charges, to retrieve the car for parking in a no-parking area.

CONTINUED ON PAGE 13 »

2 THINGS TO DO

01 Mirror of life

You know how parents pour everything into their kids' education, hoping for a brighter tomorrow? But then those same kids hop on a plane, seeking fancy jobs, leaving them in the lurch. Well, the story in this Kannada play 'Naayi Kaledide' zooms in on those parents. They're stuck looking after their four-legged buddy while their son's living it up in some faraway land. **Where: Dr C Ashwath Kala Bhavana, Basavanagudi; When: August 4, 7 pm**

02 Handspun wonders

Experience first-hand how India spun its glorious textiles with the demo-exhibit "Patnulu: The Handspun Handwoven Craft of Ponduru—A glimpse into its artistry and artisans." The highlight of the exhibit are women master spinners who will demonstrate the spinning craft of transforming cotton fibre into yarn through five stages using indigenous tools. The exhibit also includes posters on the Patnulu craft; yarn souvenirs, a few handspun-handwoven stoles, and saris are also available for sale.
Where: Ambara, by Ulsoor Lake
When: August 7 and 8, 11:30 am to 1 pm

Honouring cancer survivors

Manipal Hospitals hosted an event, "The Power to Heal," honouring cancer survivors. The event featured survivors of various cancers, including tissue and bone sarcoma, breast cancer, leukaemia, Hodgkin's lymphoma, and retinoblastoma. One of them was a 76-year-old former automobile industry director from Coimbatore, Nandakishore, who was diagnosed with gastric adenocarcinoma in June 2023. This was his second cancer diagnosis; he had previously beaten laryngeal cancer in 1996 with radiation therapy. "Despite his age, previous cancer history, and conditions like hypertension, Nandakishore responded well to the minimally invasive robotic surgery, which led to a quicker recovery with minimal postoperative pain," said Dr Suraj Manjunath, Consultant-Surgical Oncology & Robotic Surgery at Manipal Hospital, Old Airport Road, Bengaluru.
Nandakishore highlights the importance of early diagnosis, maintaining confidence, and following medical advice. He advises others to view cancer as a manageable disease and to trust in medical professionals and the treatment process. — BMB

Against work-life imbalance

Working professionals, under the banner of the Karnataka State IT/ITeS Employees Union, held a protest at Freedom Park on Saturday against the proposal to amend the Karnataka Shops and Commercial Establishment Act to facilitate a 14-hour workday

PIC: KAUSHIK JN

Empty desks: 144% rise in 'low admission' schools

State schools continue to witness drastic drop in enrolments; 4,398 schools have fewer than 10 students in 2024

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While many schools have opened multiple sections to accommodate the ever-growing number of students, there are also schools experiencing a drastic drop in enrollment, with fewer than 10 students. The number of such schools (seeing a drop in student strength) in Karnataka has seen a significant rise over the past few years. In 2022, there were 1,800 schools with less than 10 students. By 2023, this number had surged to 3,646, marking an increase of 102.6 per cent. The trend continued in 2024, with the number rising further to 4,398, representing an additional increase of 20.6 per cent. This marks a total increase of 144.3 per cent from 2022 to 2024, highlighting the growing issue of low admissions in the state's schools.

According to information from the Department of School Education and Literacy during the recent legislative session, of the 46,000 government primary and high schools in the state, approximately 18,000 schools (39.1%) have fewer than 30 students enrolled. Startlingly, over 4,300 (9.3%) of the total schools have fewer than 10 students enrolled, with some even reporting zero enrolment.

Despite various government initiatives aimed at boosting enrollment, such as providing free admission, uniforms, textbooks, shoes, socks, mid-day meals, and separate toilets for boys and girls, the problem persists. The Covid-19 pandemic temporarily boosted enrolment in 2020–21 and 2021–22, but numbers have since declined. Officials and education experts attribute this decline to economic constraints and migration. The education department acknowledges these factors as key contributors to the drop in enrollment.

The fear is growing that these schools may face closure in the future. The education department is considering further measures to address the issue, including enhancing school infrastructure, introducing new educational programs, and strengthening community engagement. Partnerships with local communities and NGOs are also being explored to support these efforts and ensure that all children have access to quality education.

An official said that the number of schools with 11–20 students has increased to 7,810, and those with 21–30 students have risen to 5,362, all of which are primary schools. Hassan tops the list with 490 schools having fewer than 10 students, followed by 696 schools with 11–20 students. Previously, the department merged schools with fewer than 10 students into nearby schools to address the issue. "However, with over 4,300 schools now facing this challenge, students and parents are increasingly concerned about the future of these institutions. In response to this crisis, the department is considering innovative measures to boost enrollment and ensure the sustainability of these schools. Proposed initiatives include introducing new educational programs, enhancing teacher training, and improving school infrastructure to attract more students and provide a better learning environment. The government is also exploring partnerships with local communities and NGOs to support these efforts and ensure that all children have access to quality education," the official added.

'Out of the 46,000 government primary & high schools in K'taka, approximately 18,000 schools have fewer than 30 students'

> **"The government is also exploring partnerships with local communities and NGOs to support efforts to boost enrollment rates**
> – Official

No licence to drive: 1,390 violators in dock

Police recommend suspension of driving licence of drivers involved in dangerous, drunk driving

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Traffic police have intensified their crackdown on dangerous driving, resulting in 6,939 cases filed over the past six months for serious traffic violations. This action has led to the suspension of 1,390 driving licences by the transport department.

In addition to these measures, the police have recommended that the Regional Transport Office (RTO) suspend the driving licence of drivers involved in dangerous driving, drunk driving, and repeated endangerment of public safety. Legal action is also being considered against vehicle owners or their parents when applicable, with cases being pursued against parents as well.

Cops check motorists for drunk driving in this file photo

A senior official said, "In 2023 alone, a total of 8,156 cases have been registered against drivers involved in accidents due to reckless or drunk driving and other serious infractions, resulting in the suspension of 1,663 driving licences. Notably, minors involved in reckless driving are not issued licences, yet in the last six months, the police have filed 6,939 cases and suspended 1,390 licences."

The officer further said that the traffic police have recommended to the RTO offices the suspension of driving licences for drivers involved in drunk driving, reckless driving, and fatal accidents.

City traffic police have registered 6,939 cases over past 6 months for serious traffic violations, namely reckless driving & drunk driving

"However, there are concerns that transport department officials are employing delaying tactics, causing the suspension process to lag." Additionally, it is alleged that some drivers are negotiating with transport officials to have their suspensions revoked, and there are claims that bribery is being used to avoid suspension, exacerbating the problem.

In 2023, the traffic police recommended the suspension of driving licences for 36 cases of reckless driving, with 15 suspensions granted and 21 still pending.

For the same year, 3,130 cases of drunk driving were recommended for suspension, leading to 1,381 suspensions and 1,749 pending. Additionally, there were 517 cases related to fatal accidents, with 246 suspensions issued and 271 still pending.

In 2024, the recommendations for reckless driving dropped slightly to 32 cases, with 23 suspensions granted and 9 pending. Whereas, the number of drunk driving cases recommended for suspension remained high at 3,110, with 1,263 suspensions issued and 1,847 pending. For fatal accidents, there were 258 cases recommended, resulting in 163 suspensions and 95 pending.

IN BRIEF

35-year-old dies by suicide on Metro tracks

A 35-year-old man committed suicide by jumping onto the metro track near Doddakalasandra Metro Station in Bengaluru at around 5:47 pm on Saturday. The incident took place on the Green Line of the metro, specifically between Silk Institute and Yalachenahalli. The tragic incident led to an immediate suspension of metro services on this segment, though the rest of the route remains operational.

The police arrived at the scene shortly after the incident and conducted an investigation. The Bangalore Metro Rail Corporation Limited (BMRCL) has released basic information regarding the incident, confirming the disruption in metro traffic due to the suicide. BMRCL has been working to restore normal operations as quickly as possible. The reasons behind the man's actions remain unknown, and officials are continuing their investigation to uncover more details.

Notably, on August 2, 2024, a 4-year-old boy accidentally jumped onto the track at Byappanahalli station while playing. The boy was rescued safely, but this incident also raised concerns about safety measures at metro stations to prevent such events.

Previously, on March 21, 2024, Dhruv Thakkar, a 19-year-old law student from the National Law School of India University, jumped onto the tracks at Attiguppe Metro Station, resulting in his death and a two-hour disruption of services on the Purple Line between Magadi Road and Challaghatta.

Earlier, on January 5, 2024, Sharon, a 23-year-old man from Kerala, survived a suicide attempt at Jalahalli station, causing temporary disruptions on the Green Line. He was reported to be dealing with depression following his father's death shortly before the incident. These events have shown the impact of personal struggles on individuals and the resulting disruptions to public services.

5 new flyovers for Tumakuru

Union Minister of State for Railways V Somanna announced that the Centre has approved the construction of five overpasses in Tumakuru district. The minister announced this infrastructure development, which will be undertaken by the railway department at an estimated cost of Rs 350 crore, without any financial contribution from the state government. He emphasised the significance of these projects in promoting economic growth and enhancing the quality of life for residents in the affected areas.

Special trains to North K'taka, Kalyana K'taka

To accommodate the anticipated heavy rush in August 2024, special trains will run from Bengaluru to various destinations in North Karnataka and Kalyana Karnataka. The schedule includes trains from Hubballi to Yesvantpur, Yesvantpur to Belagavi, Belagavi to Yesvantpur, Bengaluru (SMVB) to Vijayapura, Vijayapura to Bengaluru (SMVB), Bengaluru (SMVB) to Hubballi, Bengaluru (SMVB) to Kalburgi, Gulbarga to Bengaluru (SMVB), and Hubbali to Bengaluru (SMVB) on specific dates throughout the month.

Thief held

A theft accused was brought before the Court on Friday and subsequently remanded to judicial custody. He was apprehended on Thursday in connection with a daylight theft that occurred on July 25, 2024, in Gayatri Nagar, within the jurisdiction of Subramanyanagar police station. The stolen items included gold and silver jewellery valued at approximately Rs five lakh. Acting on a tip from an informant, the Subramanyanagar police intercepted the suspect on the road while he was riding a two-wheeler. "During interrogation, the suspect confessed to the theft." The police subsequently seized 68 grammes of gold jewellery, 180 grammes of silver items, and the two-wheeler used in the crime from the accused's residence, with a total value of around ₹45 lakh.

Bengaluru ranks highest in transplant centres

City tops Karnataka with most number of organ donation facilities; state faces severe organ shortage with 5,945 waiting for kidneys

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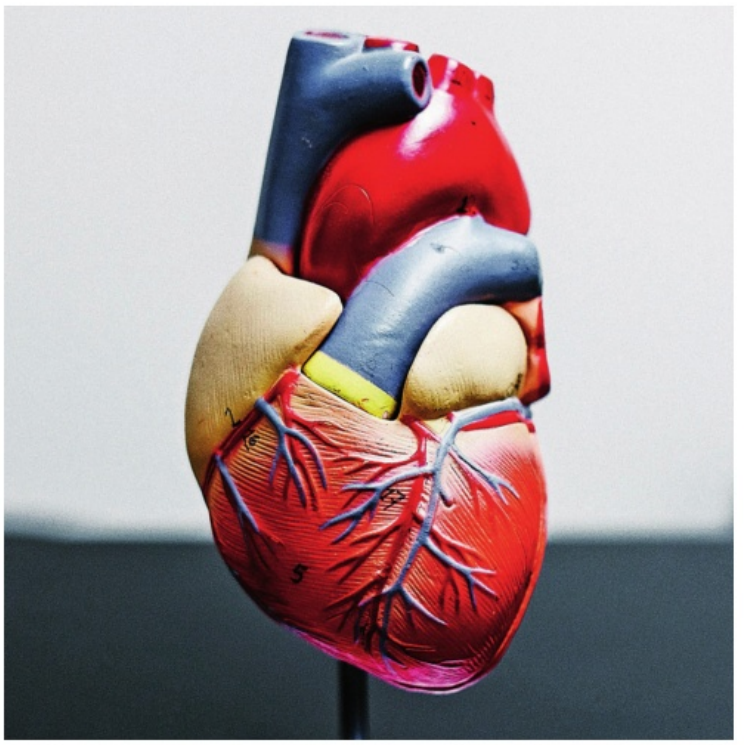
Bengaluru leads the State with the highest number of registered transplant centres at 48, followed by Dakshina Kannada with nine, Mysuru with six, and Shivamogga with three. Dharwad has two, while Kalaburagi, Vijayapura, and Belagavi have two. Among the demand for organs, the prevalence of chronic kidney disease is notably high, with 800 cases per million population, highlighting the acute shortage of human organs compared to the need. In Karnataka, the total number of recipients registered for various organs includes 5,945 for kidneys, 2,198 for liver, 190 for heart, and others. One donor has the potential to save up to eight lives through organ donation and enhance the lives of over 50 people through tissue donation.

To address the shortage of human organs, Jeevasarthakathe/State Organ and Tissue Transplant Organisation Karnataka operates in five zones, Bengaluru, Mangaluru, Hubballi/Dharwad, Kalburgi, and Mysuru, to facilitate local organ donation and allocation. The organisation has established 26 Non-Transplanted Human Organ Retrieval Centres across government medical colleges and district hospitals, including NIMHANS. Additionally, continued medical education and workshops are conducted to train doctors and health professionals in brain death declaration and grief counselling.

Meanwhile, the Indian Organ Donation Day is being observed to raise public awareness about organ donation. This significant day commemorates the first deceased donor organ transplant and the pioneering heart transplant conducted in India following the enactment of the Transplantation of Human Organs Act on July 8, 1994. July has been designated as Organ Donation Month, and various awareness activities have been planned. Sources said that Jeevasarthakathe, the Transplant Authority of Karnataka, has been instrumental in promoting organ donation since its establishment in 2017. This organisation coordinates deceased donor transplants across the state, aiming to provide individuals suffering from end-stage organ failure with the life-saving "gift of life." Jeevasarthakathe/SOTTO maintains two online registration databases: one for recipients needing organ transplants and another for organ donation pledges.

> **"Karnataka saw a significant increase in organ donations, securing second place in the country with 178 donations** – Official

In 2023, Karnataka saw a significant increase in organ donations, securing second place in the country with 178 donations. The state received the "Best Emerging SOTTO" award from the National Organ and Tissue Transplant Organisation (NOTTO) for its achievements in 2022. Karnataka also earned recognition from the Regional Organ and Tissue Transplant Organisation (ROTTO) Chennai for being the second-best in organ donation in the southern region. The Ayushman Bhav Arogya Mela, initiated on September 17, 2023, has led to Karnataka ranking third in organ pledging registrations under the NOTTO website, with Bellary district leading in this regard. "To honour organ donors, Chief Minister Siddaramaiah will present appreciation letters to donor families during the Independence Day celebrations on August 15, 2024. This initiative reflects the government's commitment to recognising and celebrating the contributions of organ donors and their families. This year's campaign aims to reduce the demand for organ transplantation by promoting a healthy lifestyle, spreading awareness about brain death and deceased organ donation, debunking myths and misconceptions, increasing the identification and declaration of brain stem death cases, and enhancing organ donation and transplantation infrastructure in government institutions. To support the campaign, individuals are encouraged to scan the NOTTO QR Code to pledge organ and tissue donations. Registration under Jeevasarthakathe ensures that individuals will be considered for organ donation", said an official.



Karnataka won the "Best Emerging SOTTO" award from NOTTO for 2022 and was recognised by ROTTO Chennai as second-best in South

Water quality of city's lakes, tanks dismal

CONTINUED FROM PAGE 1

departments under the Environment Protection Act, it has remained idle. "The reason lakes fall under the Class E category is the discharge of raw sewage. KSPCB is a statutory body and has an important role to play in controlling any form of pollution. However, it has remained a mute spectator. Merely monitoring pollution levels and sending notices will not suffice. The Board must devise a plan to mitigate the pollution and take legal actions against offenders, including government bodies," said a city-based lake activist.

Agencies in spotlight

The sad state of water bodies has also brought Bruhat Bengaluru Mahanagara Palike's (BBMP) role in maintaining rejuvenated lakes under the scanner. However, the Bangalore Water Supply and Sewerage Board (BWSSB) should be facing the music owing to the lack of a proper sewage network, opine experts.

"While the maintenance of the lakes post-rejuvenation has an important role in improving the water quality, sewage entry has to be arrested by BWSSB. However, KSPCB has neglected this aspect. Board officials recently visited Kothanur Lake after they received 11 complaints from residents. They inspected the water body and slapped BBMP with a notice. While BBMP should also be taken to task for being the lake custodian, it is BWSSB that needs to up its game," said Raghavendra B Pachhapur, a city-based lake activist. Currently, the KSPCB is monitoring nearly 100 lakes in the city and publishing lake water sample classification reports under the Monitoring of Indian National Aquatic Resource System (MINARS) program by MOEF&CC.

Activists also point to delays in publishing water quality reports. "KSPCB is mandated to send the water quality report to CPCB by the 5th of every month. However, the data gets uploaded into the public domain much later, rendering it useless. Moreover, it is uploaded in a format that makes it difficult for us to use and analyse," added Pachhapur.

Fuel-efficient railways

Saving fuel has become a critical focus across various sectors, and the railways have recently made significant strides in this area with the introduction of the Total Fuel Management System (TFM) at the KSR Bengaluru Railway Station. South Western Railways (SWR) officials said that this new system, which was commissioned to automate fuel operations for locomotives, power cars and generators for air-conditioned coaches, represents a major advancement from the previously manual fuel management processes.

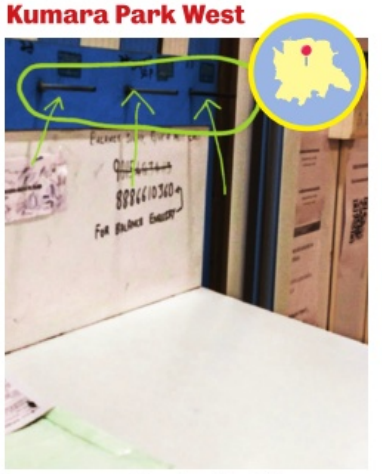
Yogesh Mohan, Divisional Railway Manager (DRM) said, "The implementation of TFM will streamline and enhance the efficiency of fuel management for the railways. In partnership with Mangalore Refinery and Petrochemicals Limited (MRPL), South Western Railways has introduced this state-of-the-art TFM system. Designed to improve operational efficiency, the TFM system offers several key benefits. It enables more effective monitoring and management of fuel consumption, which helps to reduce waste and lower operational costs. The system tracks fuel issues in real time, allowing for the identification of inefficiencies and timely corrective actions." — BMB

whatsapp MIRROR 9591233247

Problems in your area?
Send us a picture along with specific details. And please, no phone calls or spamming

Sharp hazards

Kumara Park West



In a cooperative bank at Kumara Park West, sharp screws are used to hold blank forms challans. These screws stick out and can injure visitors who lean forward to fill out the forms.

Traffic prevention

Jakkur

Traffic around Jakkur Raithara Santhe is chaotic due to disorganised vendor parking. Commuters, especially school and office goers, face major delays during peak hours. The Bengaluru Traffic Police should implement measures to avoid issues.

Pedestrian blocked

Hebbal

The pedestrian footpath on 4th A Main Road, Hebbal, is completely encroached upon by a construction site, causing inconvenience to the public.

Bengaluru youth team shines light on moths

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A youth team from Bengaluru is actively engaged in observing and protecting moths by exploring their physical features and behaviours, the distinctions between moths and butterflies, as well as their ecological significance. To attract moths, the team uses a white cloth and a mercury lamp; they then photograph them and analyse their body structure and characteristics.

Moths are vital to the ecosystem, playing a significant role in the food chain and ranking fourth in terms of pollination. They are unique creatures and are found in much greater numbers than butterflies. The team is investigating the causes of the declining moth population and working to raise awareness about these important insects.

Lohith YT, a dedicated moth researcher, said, "Moths play a crucial role in the ecosystem. They are essential pollinators and integral to the food chain, serving as natural indicators of ecological health. Additionally, the Bombyx mori (commonly known as the domestic silk moth) significantly impacts both rural economies and urban employment through silk production, making a notable contribution to the national economy. There is a need for further research to fully comprehend the ecological and economic value of moths and to enhance our understanding of their characteristics and roles in the environment."

He said that moths and butterflies differ in several key ways. "Moths are primarily nocturnal, with thin, hair-like antennae, and most species possess a tube-shaped proboscis for feeding. They create cocoons around themselves for protection. In contrast, butterflies are mostly diurnal, featuring vibrant colours and club-shaped antennae. Their cocoons, often referred to as chrysalises, are visible to the naked eye."

The youth team uses a white cloth and light to attract moths. They then analyse their body structure, characteristics, and behaviours

According to Lohith, the decline in moth populations can be attributed to various factors like light pollution, which disrupts their natural behaviour; a lack of diverse plant life, which limits their food sources; climate change, which affects their habitat; monoculture farming practices, which reduce biodiversity; the destruction of weeds and the use of chemicals, which harm their environment; and a general lack of awareness and scientific research on their conservation needs.

The last weekend of July is recognised globally as National Moth Week. Research on moths is being conducted by more than 90 teams across the country. Teams in Bengaluru, Tumakuru, and Chikkaballapur districts are also involved in this effort.

Birds in peril: Nearly 2K bird injuries in 2 months

Continuous rainfall, strong winds are destroying active nests, killing young birds: Experts

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After soaring temperatures, it is now persistent rainfall that has led to a sharp rise in bird injuries in the city. From June 1 to July 31, rescue centres recorded nearly two thousand cases of bird injuries.

"Normally, the number of rescues is higher during the summer months (between March and May). However, this year, we have recorded higher rescue cases in June and July. Put together, we have received 1,479 rescue calls in these two months," said Subiksha Venkatesh, rescue manager, Avian and Reptile Rehabilitation Centre (ARRC).

City-based rescue centres are of the opinion that more injuries are due to erratic rainfall patterns and rain over days at a stretch. "Rainfall patterns have been inconsistent. There are continuous sunny days followed by uninterrupted rainy days. We are getting many calls regarding nestlings and fledglings on the ground, drenched. Once they get wet for a prolonged period, their feathers become too heavy to fly. It is mostly black kites and crows," said Colonel Dr Nawaz Shariff, chief veterinarian, People for Animals (PFA). PFA has rescued 515 birds over the last two months.

Experts say strong winds and heavy rains are destroying active nests and killing young birds. Ground-nesting birds are particularly vulnerable, with many being washed away by floodwaters. The young birds that can't fly yet either drown or are found on the ground—wet, cold, and distressed. "Continuous rains also lead to a shortage of food resources, making it challenging for wildlife to survive. They are shortening the window for parents to find food, leaving them with limited time to feed their fledglings. As a result, the young birds are receiving inadequate nutrition, making them weaker and less likely to survive on their own when they eventually leave the nest," said Thirumalesh Seshadri, rescue manager, ARRC.

'Rescue centres are getting many calls regarding nestlings and fledglings on the ground, drenched. Once they get wet for a prolonged period, their feathers become too heavy to fly'

Compassionate Bengalureans

Between January and the end of July this year, over 7,000 birds have been rescued from across the city. Rescue centres say that as urban wildlife awareness grows, so does the number of reported animal distress cases. With well-functioning wildlife rescue centres, people are more likely to seek help.

"We have been noticing a steady rise in the number of animals that are reported to us throughout the years. Bengalureans have always been a compassionate lot, and thus they make an effort to reach out to us in case of birds in distress. However, misguided actions can put both animals and humans at risk. To ensure positive interactions, it's crucial to know how to identify an animal in distress and take the right steps," added Venkatesh. In the given period last year, centres had received nearly 6,500 rescue calls, and in 2022, it was a little over 5,000.

According to Sridhar CK, a rescuer at ARRC, continuous rainy days are leading to hypothermia, especially among young birds that have just fledged. Animals with compromised health are most susceptible, with decreased fitness making it harder for them to find sustenance.

How do you respond to birds in distress?

If you encounter an animal grounded and in distress, contact your nearest wildlife rescue centre to determine if intervention is needed. Provide warmth to minimise stress and avoid feeding. "If a bird has come down due to rain, don't feed or provide water. Move the bird to a carton box and try to provide heat. Hot water bags wrapped in a towel and kept next to the carton box will prove beneficial. A lot of birds seek shelter during the rain. If you find birds, including bats, staying put on the porch, let them stay for some time till they find their bearings," said Venkatesh.

Cong MLA booked for abetting cop's 'suicide'

A case was registered by the police against Congress MLA Channareddy Tannur and his son Pampanagouda Tannur on Saturday after a Dalit sub-inspector allegedly died by suicide following his transfer within seven months of posting.

The MLA and his son were booked on charges of intentional insult with an intent to provoke breach of peace, abetment of suicide, and joint criminal liability on a complaint by Parusharam's wife, Shwetha NV.

She alleged that the father-son duo had allegedly demanded Rs 30 lakh from her husband if he wished to continue in the same place. She said Parashuram was in tears ever since he was transferred and told her that he felt suicidal. When Shwetha, who is pregnant, went to Raichur to her parents' house for the delivery of her child, she got to know that Parashuram was hospitalised with bleeding from his nose and mouth. Following the incident, members of the Dalit Sangharsh Samiti (DSS) staged a demonstration blocking the road, demanding justice for Parashuram. Shwetha, too, joined the agitators. Addressing the media, she said, "The department itself is not with him (Parashuram) today. Instead, it is supporting the MLA. It supports the one who squanders money. Will you rear an MLA? Do you toil day and night, ignoring your parents and family for an MLA? This MLA is responsible for it, but he has not come here yet. I want an FIR. We want justice."

Traffic was badly affected due to the agitation. Reacting to the incident, Home Minister G Parameshwara said that he has ordered a thorough investigation into the case. He, however, ruled out that it was a suicide. "He (Parashuram) did not commit suicide. He had not written a death note. His wife has complained that he was suffering from the transfer issue. I will consider her allegation. An investigation will be done in that dimension," the minister told reporters in Bengaluru. **-PTI**

THE SUNDAY READ

Ground beneath our feet

With land slips becoming way too common, fear of disaster looms over K'taka

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File photo of a landslide in Madikeri; Restoration work is underway after a massive landslide in Ankola

The memory of the Wayanad land slip remains vivid as the death toll rises with the recovery of more bodies. This year, Karnataka has already experienced a landslide near Shirur, which swept away a tea shop truck and resulted in the deaths of five people. Now, experts call for immediate action by the state government, which is crucial to prevent similar disasters as 29 taluks of Malnad and coastal belt are prone to landslides.

Land slips frequently occur during the monsoon season across the state for various reasons. To combat this, the Karnataka State Disaster Management Authority prepared an action plan for landslide management in 2022. However, the government has not sufficiently implemented this plan. Consequently, 55 landslides occurred in the state in 2022 due to heavy rainfall. In 2023, only two landslides were reported due to reduced rainfall. This year, intense rainfall has already caused landslides in more than 16 locations. Experts warn that if the government does not take the landslide management plan seriously, there is a risk that the number of landslides will increase in 29 taluks.

1,272 landslides in 13 years

According to the Karnataka State Disaster Management Authority, from January 2009 to December 2021, the state experienced 1,272 landslides, leading to significant property loss. Notably, the number of landslides has surged in the Uttara Kannada and Shivamogga regions since 2016. In 2009, there were only 27 landslides, but by 2016, the number had risen to 125, followed by 219 in 2017, 462 in 2018 (the highest in this period), 161 in 2019, and 264 in 2020. The threat of landslides persists in many areas of the Western Ghats and Konkan regions. In Uttara Kannada district alone, there were 439 landslides over these 13 years.

Neglect of permanent solutions

An official said, "The state's 2022 action plan for landslide management proposed permanent solutions, such as identifying areas prone to heavy rainfall and landslides, constructing retaining walls, relocating residents, and establishing a coordination system among various departments for quick response. However, these measures have not been implemented, and landslides continue to occur."

What causes landslides?

Landslides occur due to a combination of factors. These include the presence of a thin layer of soil on steep slopes, changes in the terrain of sloping areas, and heavy rainfall. Additionally, obstructions to natural water flow and large amounts of water flowing in sloping areas contribute to the risk. The construction of temporary dams in natural streams and deforestation in hilly and sloping areas, including hill cutting, further exacerbate the likelihood of landslides. These factors collectively contribute to the occurrence of landslides.

Vulnerable districts

Districts and taluks prone to landslides include several areas across Karnataka. In Uttara Kannada, the affected taluks are Ankola, Honnavar, Karwar, Kumta, Siddapur, Shirsi, Supa, and Yellapur. Udupi faces landslide risks in Hebri, Karkala, Baindur, and Kundapura. In Shivamogga, the vulnerable taluks are Thirthahalli, Sagar, and Hosanagara. Kodagu sees landslides in Madikeri, Somwarpet, and Virajpet. Dakshina Kannada is at risk in Belthangady, Bantwal, Mangaluru, Kadaba, Sulya, and Puttur. Chikkamagaluru includes Chikkamagaluru, Mudigere, NR Pura, and Shringeri among its landslide-prone areas. Lastly, Hassan has Sakaleshpur as a notable region susceptible to landslides. Between 2009 and 2021, the number of landslides recorded in each district was as follows: Uttara Kannada experienced 439 landslides, while Shivamogga reported 356. Chikkamagaluru had 193 landslides, and Udupi faced 99. Dakshina Kannada recorded 88 landslides, Kodagu had 79, and Hassan reported 18. In total, there were 1,272 landslides across these districts.

Road widening to be blamed?

Reacting to frequent land slips, Revenue Minister Krishna Byregowda, "The road widening work in many areas has been carried out in an unscientific manner, with hills being cut vertically, leading to landslides. We need a team of geologists to investigate these landslides, which have been a problem for the past 20-25 years. We will consult with the Geological Survey of India to develop a solution. The road construction design must be revised, and modifications are needed in the work done by the National Highways Authority of India (NHAI) to prevent future incidents. We will submit a report to both the government and NHAI to find a lasting solution. The state government is committed to taking measures to prevent such occurrences in the future. It is crucial for both the government and the public to avoid harming the environment under the guise of development, as the consequences of reckless development have led to these disasters, and we must bear the cost of this imbalance."

Yettinahole worry

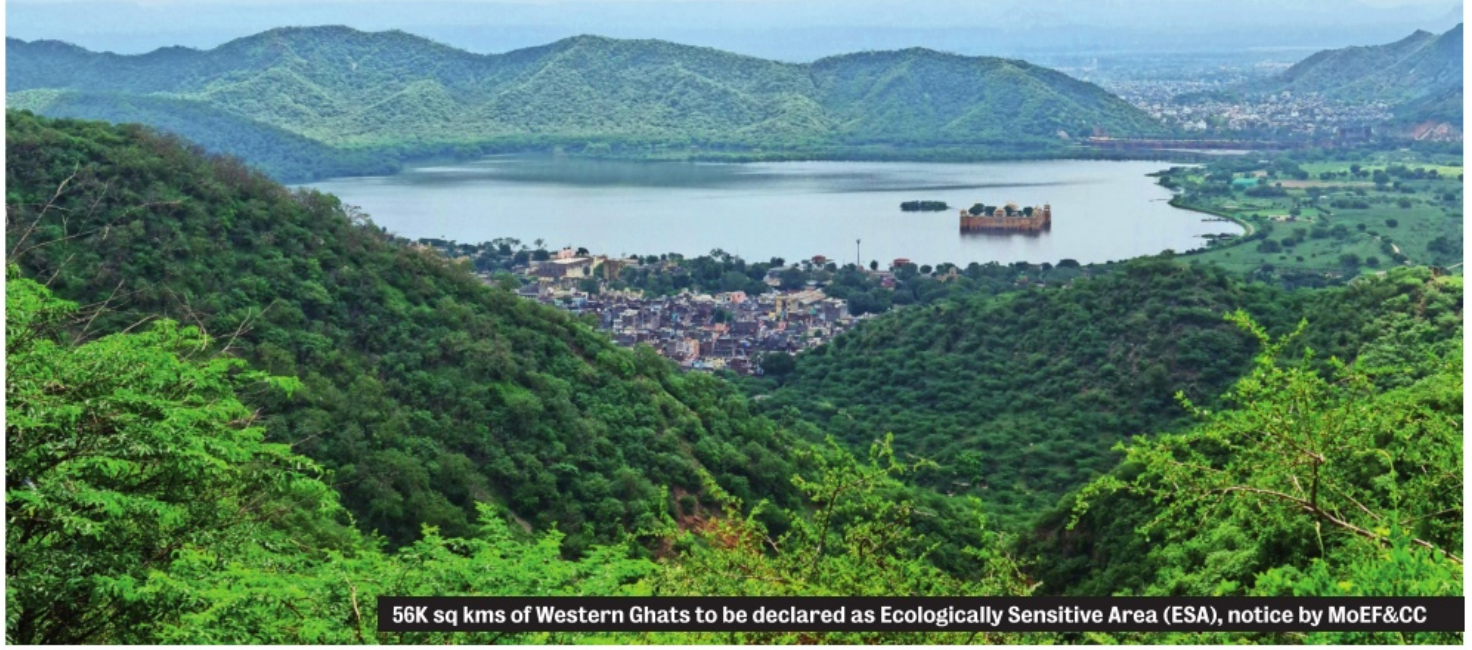
As construction on the Yettinahole project progresses, many residents near Sakaleshpur taluk are increasingly concerned. Reports indicate that in the Yettinahole project area, approximately 10 sites have been excavated to depths exceeding 60 feet, with water being diverted to districts around Bengaluru. Despite local residents informing Yettinahole project officials about these issues, their concerns have not been adequately addressed. "Recently, when experimental water from the Yettinahole project was released through pipes, there was significant leakage, and the ground shook. Traditionally, even heavy rainfall of over 300 mm in this part of the Western Ghats did not cause issues, but locals attribute the current problems directly to the unscientific approach of the Yettinahole project," said Vijaya Simha, a resident of Sakaleshpur.

Karthik Kashyap, an activist, said, "The Governments must prioritise proactive measures over reactive responses. Investing in infrastructure resilience, enforcing strict land use regulations, and ensuring effective emergency response systems are not just options—they are imperatives. Only through comprehensive planning and commitment can we safeguard our communities from the devastating impacts of landslides and other natural disasters."

> **"The road widening work in many areas has been carried out in an unscientific manner, with hills being cut vertically, leading to landslides. We need a team of geologists to investigate these landslides**
>
> – Krishna Byregowda, Revenue Minister

Ecologists welcome move to declare Ghats sensitive

Researchers say biodiversity hotspot is under serious concern over status of conservation



56K sq kms of Western Ghats to be declared as Ecologically Sensitive Area (ESA), notice by MoEF&CC

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Sixth draft notification by the Ministry of Environment, Forest, and Climate Change (MoEF&CC) to declare over 56 thousand square kilometres of the Western Ghats as an Ecologically Sensitive Area (ESA) has been welcomed by city-based researchers and ecologists.

Ecologists say the biodiversity hotspot is under serious concern about the status of forests and conservation measures. It is crucial to get the area notified as an ESA.

A recent analysis of the region conducted by researchers at the Centre for Ecological Sciences, Indian Institute of Science (IISc), shows a large part of the Western Ghats is ecologically fragile. The Ecologically Sensitive Region (ESR) delineation study showed that 63,148 sq km of the area is under significantly higher ecological fragility, 27,646 sq km is under high ecological fragility, 48,490 sq km is moderate, and 20,716 sq km is low ecological fragility.

> **It is a golden opportunity for those living in Ghat areas to come forward with suggestions and make a strong case to get the draft notified**
> –city-based wildlife conservatonist

"The analysis was conducted by taking various factors such as abiotic, biotic, and socio/anthropological into consideration. It is high time we ensure that the Western Ghats are tagged as an ESA. It will aid in regulating unplanned developmental activities, thus ensuring ecological security with the continuance of the essential ecosystem services to sustain the livelihood of people. This decision has already been delayed, leading to the Wayanad landslide tragedy," said Dr TV Ramachandra, Center for Ecological Sciences, IISc.

The draft notification issued on July 31 includes 20,668 sq km of the Western Ghats in Karnataka and has suggested a complete ban on commercial activities such as sand mining, quarrying, and mining. It further recommends that the existing mines in this area be phased out within five years from the date of issue of the final notification or the expiry of the existing mining lease, whichever is earlier. It also bans thermal projects. While the existing projects can continue operation, no expansion will be allowed.

The first expert panel to study this fragile ecosystem was instated in 2011 and was headed by eminent ecologist Madhav Gadgil. The panel had then recommended that the entire Ghat area be declared as an ESA.

Conservationists say the previous notifications and recommendations by the Madhav Gadgil panel in 2011 and the K Kasturirangan group in 2013 were not implemented due to various reasons, and we are paying the price.

"In the past, locals were misled against these notifications and recommendations by some politicians and those with vested interests. It is a golden opportunity for those living in Ghat areas to come forward, send their suggestions, and make a strong case to get the draft notified. If not, bigger disasters are waiting to happen. For instance, Kodagu is sitting on a time bomb. If a similar landslide happens in the district, it will be a major one," said a city-based wildlife conservationist.

The Centre has invited suggestions and objections on the draft notification within 60 days.

BJP, JD(S) kick off Mysuru Chalo padyatra

On Saturday, the Bharatiya Janata Party, in alliance with Janata Dal (Secular), commenced an eight-day foot march from Bengaluru to Mysuru, calling for Chief Minister Siddaramaiah's resignation. The opposition parties are targeting Siddaramaiah over alleged irregularities linked to the Mysuru Urban Development Authority (MUDA) and the Tribal Welfare Board.

The padyatra was inaugurated by former Chief Minister and BJP Central Parliamentary Committee Member BS Yediyurappa, along with Union Minister for Heavy Industries and Steel HD Kumaraswamy. The march began in Mysuru, Siddaramaiah's hometown. Karnataka BJP Incharge Radhamohan Das, Union Ministers Pralhad Joshi, V Somanna, Shobha Karandlaje, former CM Basavaraj Bommai, and several BJP and JD(S) MPs were present at the inauguration.

Traffic jam in Mysuru Road due to BJP Mysuru Chalo padyatra

Kumaraswamy criticized Siddaramaiah, questioning his claims of ignorance about the MUDA land scam while he reportedly sought Rs 62 crore in compensation for his family's land. He further accused Siddaramaiah of initiating a judicial probe merely to deflect attention from his role in the scandal.

BJP Karnataka Chief Vijayendra declared that the "Mysuru Chalo" march signifies more than just an anti-corruption protest. "This movement has the potential to dismantle the current government. We are committed to uprooting the Congress party," he declared.

BJP veteran BS Yediyurappa reiterated calls for Siddaramaiah's resignation, urging him to step down voluntarily. Opposition leader R. Ashoka condemned the Congress for questioning Governor over his notice to CM.

Free electricity scheme: Taking stock, one year on

85 lakh households benefitted from Gruha Jyothi, with govt covering Rs 350 crore each month

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Since the introduction of Gruha Jyothi Scheme, it has been a year for thousands of Bengalureans from paying their electricity bills. Over the past 12 months, the scheme has provided free electricity to 1.65 crore households, with a total expenditure exceeding Rs 8,100 crore. Of this amount, Rs 6,589 crore has been disbursed to ESCOMs (Electricity Supply Companies) for the period from August 2023 to April 2024. Energy Department officials report that 85 lakh households have benefited from the 'Zero Bill' component of Gruha Jyothi, with the government covering Rs 350 crore each month to ensure these households receive electricity without any cost.

An official said, "The registration for Gruha Jyothi commenced on June 18, 2023. Under this scheme, households consuming up to 200 units of electricity per month received free electricity, provided their average consumption in 2022-23 was at least 10% higher than the previous year."

Dakshina Kannada district minister and minister of health and family welfare Dinesh Gundu Rao (centre) launching Gruha Jyoti scheme

The scheme was rolled out on August 4, 2022. However, despite the scheme's successful implementation, a significant issue remains unresolved. The Energy Department has yet to provide the 'D-Link' option to beneficiaries, which would allow them to transfer their electricity connection to a new address in case of relocation. This oversight has resulted in thousands of tenants being unable to transfer their connections and benefit from the scheme when they move. In February this year, the Energy Department announced that the D-Link option would be made available, but it has not yet been implemented. Consequently, beneficiaries who have changed their residence are unable to continue availing the scheme's benefits and are forced to apply for new connections.

Centre approves Sharavathi Hydro Pump Storage Plant

The Central Electricity Authority (CEA) has approved the Detailed Project Report (DPR) for the 2,000 Million Watts Sharavathi Hydro Pump Storage Plant. Pumped storage hydel power projects, such as this one, are highly flexible in adapting to fluctuations in electricity demand. During periods of low demand, water is pumped from a lower reservoir to a higher one. When demand peaks, water from the upper reservoir is released to generate electricity, providing a reliable and efficient energy solution.

Once operational, the project will use the Talakalale reservoir as the upper reservoir and the Gerusoppa dam as the lower reservoir, harnessing the natural resources of the Sharavathi river system for effective energy generation.

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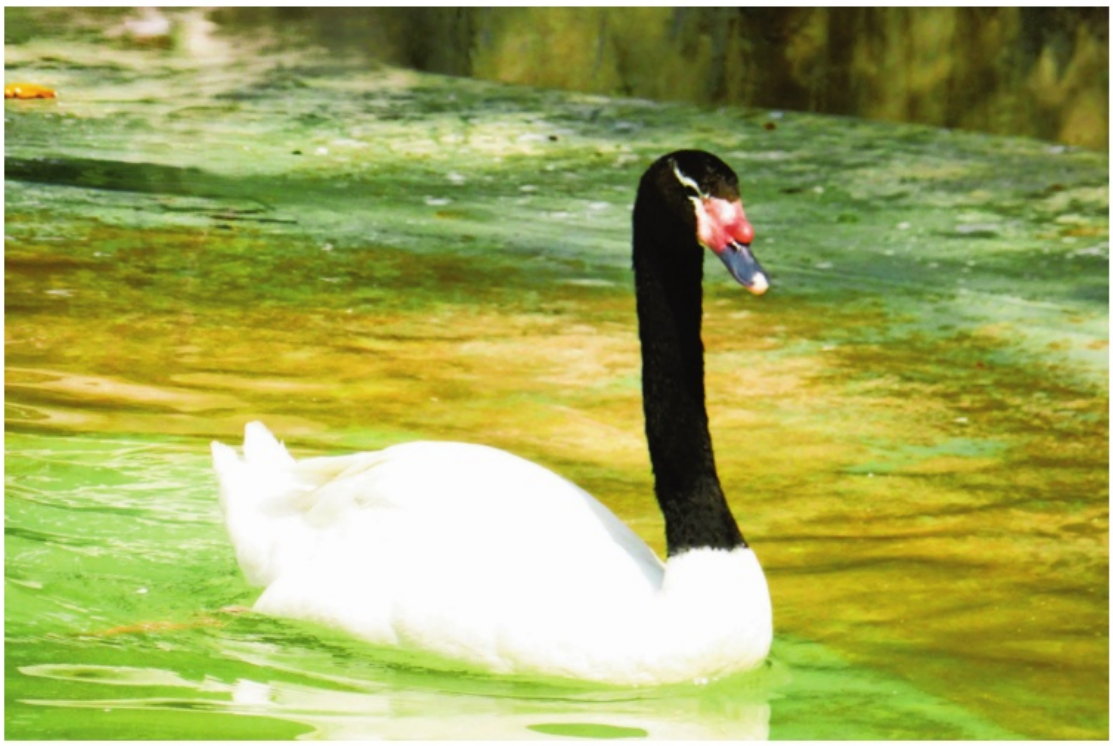
BENGALURU SPEAKS

and gets heard on this page

STORYBEHINDTHEPHOTO

GRACE AND CHARM

A black necked swan swimming in the half filled pond in a private farm in Bengaluru



The picture was clicked by reader **A Aruna**

If you have a picture and a story to share, send us the picture with your name and number at **mybangaloremirror@timesofindia.com**

Deathly pothole: Should tragedies happen to get govt's attention?

Citizens express worry over worsening state of potholes due to rain and pleas to fix it going unheard

Residents of Kempapura and commuters traveling along the Sindhi College Main Road are expressing concern over a dangerous pothole at a critical turn. The hazardous condition has led to numerous accidents and poses a significant risk to motorists. The pothole which emerged after a pipe repair project was poorly completed and has become a major safety hazard. The repair work, initiated by the local department, was left unfinished, leaving the hole exposed and increasingly perilous. Heavy rains have worsened the issue, causing the soil around the pothole to erode and creating an even more unstable surface.

"The pothole is a nightmare for anyone driving or riding in this area. I've seen multiple accidents here, especially when vehicles make the turn without noticing the dangerous hole. Two-wheeler riders, in particular, are at higher risk. The pothole is so big that it's nearly impossible to avoid it, especially during the rain. It's only a matter of time before someone gets seriously injured or worse," said Priya Sharma, a resident.

Despite repeated complaints to the authorities, no substantial repairs have been undertaken. The lack of action from the concerned department has left residents and commuters feeling helpless. "We've been pleading with the officials for weeks to address this issue properly," said Arvind Reddy, another resident. Pothole's location at the turn makes it particularly dangerous. Vehicles making sudden left turns are caught off guard by the poorly repaired surface, leading to frequent accidents.

Authorities have been urged to prioritise the repair of the pothole and ensure that it is fixed to prevent further accidents. "The safety of the residents and commuters should be the top priority. The authorities need to act quickly and resolve this issue before it leads to a tragedy. We have submitted petitions to highlight the urgent need for repairs. As the monsoon season continues, the risk associated with the pothole grows. The continued negligence of the repair work not only jeopardises the safety of the residents but also reflects poorly on the efficiency of the local administration in addressing public safety issues," said MS Kumar, another resident. — **BMB**

The pothole on the Sindhi College Main Road is so big that it's nearly impossible to avoid, and it is at a critical turn

DID YOU KNOW?

ONLY SNAKES ON THIS ISLAND

Queimada Grande, also referred to as "Snake Island," is an island located just off the coast of southern Brazil. Encompassing about 106 acres, this rugged isle is the habitat of perhaps 2,000–4,000 uniquely deadly golden lancehead vipers. When rising sea levels isolated them from the mainland at the end of the last ice age, about 11,000 years ago, the snakes became stuck there. The island is home to neither humans nor mammals. Due to the lack of many ground creatures to hunt, the snakes developed an expertise at capturing the yearly migratory birds that stop over on the island. A few brave inhabitants did live there in the early 1900s, but legend has it that the family was killed by snakes.

GET HEARD WITH MIRROR

9591233247

Let's see how much you know about Namma Bengaluru, folks. Tell us something incredible and mind-boggling about this beautiful city and our editors and researchers will check it out. If it's credible, we'll give it a shout-out, with your name and picture.

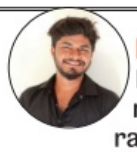
TAPTHECHATTER

where Bengalureans speak their mind

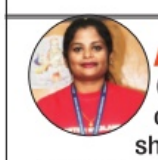
Is there a specific street or road in Bengaluru that holds special significance for you, and why?

Sanjiv Raj, BM Reader
In MG Road street I particularly enjoyed the vibrant street life, with people from all walks of life adding to the lively atmosphere. The dining options were equally impressive, with restaurants serving a range of cuisines.

Shailashree, BM Reader
I remember Double road after Jambusavare Dinne JP Nagar 8th Phase which connects to 80 ft road in Royal County, because of the street dog bite case. I witnessed a lot of people, children and delivery people being at high risk.



Punith Kumar, BM Reader
MG Road is lined with gift shops, music shops, bookstores, restaurants, and cafes, some of them being the oldest in the city. The street often hosts artists selling their work, including paintings, photo frames, posters, and handmade items.



Ambika G, BM Reader
Church Street is home to a variety of establishments, including gift shops, music shops, bookstores, restaurants, and cafes. Artists set up shops on the street, selling their work that include paintings, photo frames, posters, etc

Nagesh K, BM Reader
Lavelle Road is a posh and uptown stretch in Bengaluru, known for its upscale restaurants and stores of several international fashion brands. The street's lively ambiance and unique offerings make it a must-visit spot.

Reshma Suresh, BM Reader
JC Road houses important landmarks such as the BBMP Head Office, the Town Hall, and Ravindra Kalakshetra. The road's historical significance and its central location make it a key part of Bengaluru.

SPEAK TO US

What initiatives are being taken in Bengaluru for environmental conservation and sustainability?

If you want to be featured in this section, mail us your answer to this question, in 25 words, with 'Tap The Chatter' in the subject line. Mail us with your name, occupation & a picture at WhatsApp us on 9591233247 or mybangaloremirror@timesofindia.com

HIGHS AND LOWS OF THE GAMES

So close, yet so far: Bhaker finishes fourth

Indian shooter narrowly misses bronze in women's 25m sports pistol event but clinches two bronze medals in other categories

India's Manu Bhaker reacts after getting eliminated from the 25m pistol women's final

The sensational Manu Bhaker's dream of a grand treble went up in smoke after she lost the tie-shoot for the bronze medal to Hungarian Veronika Major by the narrowest of margins in the women's 25m sports pistol event at the Olympic Games here on Saturday.

In a high-quality final, Bhaker gave it her all and was placed No.1 among eight shooters for a brief period, but she could not maintain her consistency and eventually finished fourth.

Nonetheless, the 22-year-old will return home with her twin bronze-medal feat in women's 10m air pistol and mixed team 10m air pistol partnering Sarabjot Singh.

The affable Indian shot 28 in the final to be tied for third place along with Veronika after the eighth series of five shots. She missed two of the five shots to aggregate three points, while Veronika drilled in four bullets into the target to clinch the third spot, leaving Bhaker to pack up the kit and leave her firing station.

Expectations were high for Bhaker to bring home a hat-trick of medals given her awe-inspiring form. She stood up to the challenge even after slipping to sixth position early in the final.

Bhaker conceded at the end of the contest that she was nervous. "I got like really nervous about it, but again, I was trying my best to keep calm and to just try to do my best. But that was not enough," Bhaker said after the event.

The first series was a disaster in which Bhaker missed three out of five targets, but gradually she cut down on the errors and bounced back in the second and third series, shooting two consecutive 'fours' to take her points tally to 10 going into the elimination round.

The elimination round was topsy-turvy, to say the least. Bhaker's chances waxed and waned until she took the top spot for a brief period in the seventh series. However, South Korea's Jin Yang wrested back the top spot immediately even as Bhaker slipped to tied third with three bad misses in the eighth round, which saw her slump from second spot to joint third with Veronika on 28 points.

The shoot-off was nerve-jangling for both the markswomen and Bhaker had three clear shots out of five on target, while Veronika had four.

The ace shooter said that she will come back stronger in 2028. "It (Olympics) turned out to be very good for me, but well, there's always a next time so I'm already looking forward to the next one," she said.

Sen soars into semis; faces Axelsen next

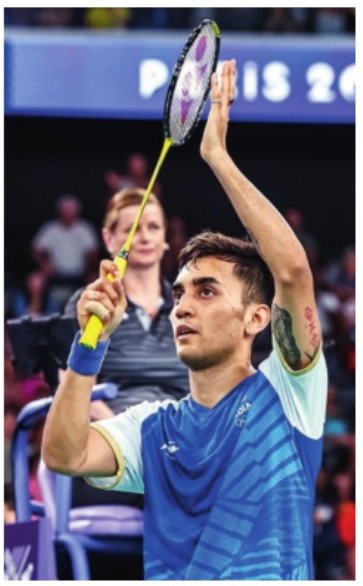
On August 2, Lakshya Sen made history by becoming the first Indian male shuttler to reach the semifinals at the 2024 Olympics.

In a remarkable performance, Lakshya, who has been in stellar form throughout the Paris Games, secured a comeback victory over 12th seed Chou Tien Chen of Chinese Taipei.

At 22, he stands as India's sole hope in badminton after the exits of prominent players like Satwik-Chirag and PV Sindhu.

Lakshya Sen will face a familiar opponent in the semifinals, Viktor Axelsen. The two have a shared history, as Lakshya trained with the former World No. 1 in Dubai after being dropped from the Thomas Cup team.

According to his coach, Vimal Kumar, Lakshya gained valuable insights from the Danish star during their training sessions. The head-to-head record heavily favours Viktor Axelsen, who has won 7 of their 8 encounters.



Lakshya Sen during the badminton men's singles quarterfinal

Lakshya Sen's sole victory over the current World No. 2 came in the 2022 German Open semi-finals, where he won 21-13, 12-21, 22-20.

In their most recent matchup at the Singapore Open 2024, Axelsen triumphed in a closely contested round-of-32 clash, winning 21-13, 16-21, 21-13.

The semifinal match between Lakshya Sen and Viktor Axelsen at the Paris Olympics 2024 is scheduled for August 4, Sunday, and will take place not before 12 PM IST.

It will be the second semifinal of the day, following the first semifinal between Kunlavut Vitidsarn and Jia Zii Lee.

Recapping Lakshya's match with Chou Tien Chen, the first set was a neck-and-neck battle, creating an electrifying atmosphere throughout the arena.

The intensity of the smashes from Chou and Lakshya's elegant defensive shots was a delight for the fans. The first set began on a back-and-forth note. Chou took a couple of points, and Sen fought back, picking up two consecutive points to restore parity at 2-2.

After a gripping opening set, Lakshya fought hard in the second set and lured Chou into making errors. He raced to a 4-1 lead, but Chou asserted dominance with his pinpoint smashes. Chou went ahead with a two point lead at 7-9.

After trailing briefly, Lakshya went ahead and didn't leave room for Chou to make a comeback. In the decider, once again, Chou exercised early dominance, but Lakshya dug deep and overcame the challenge to become the first Indian male shuttler to reach the semi-finals of the men's singles event at the Olympics. **-ANI**

Deepika misses bronze again

Deepika Kumari placed herself in an advantageous position against Korea's Suhyeon Nam by winning two of the first three sets but shot a horrible 7 with the second arrow of the fourth set to throw away a great opportunity as India's archery campaign folded at the Paris Olympics.

Deepika had begun the day well with a 6-4 win over Germany's Michelle Kroppen but lost by the same margin to Nam, who had won the women's team gold.

Teenager Bhajan Kaur was eliminated earlier in the day after losing her pre-quarterfinal match to Indonesia's Diananda Choirunisa in a shoot-off.

The fourth-place finish by Ankita Bhakat and Dhiraj Bommadevara in the mixed-team event was India's best performance in archery in Paris.

Leading 4-2, Deepika aced a 10 to start the fourth set but fell into the red zone with a seven after the Korean shot a 10 and a nine. Nam did not make any mistake on her final shot, making a 10 to force a decider.

In the fifth set, the Korean began with a 10 and Deepika followed with a nine. Nam managed a 9 and 10 on the following shots but Deepika got only two 9s to lose the quarterfinal 4-6.

Even in the second set, which she lost, Deepika had fluffed the second shot, managing a poor 6.

Deepika Kumari during the archery individual quarterfinal

"It is disappointing. I don't know how and why I keep losing at the Olympic Games. Maybe the atmosphere gets to me. It's the weight of my expectations," Deepika said after her defeat, admitting it was her best chance to do well.

"Those were bad two shots and I feel like I have gifted her the match," she said.

Coach Purmina Mahato explained that after taking the anchor position, the archers need to release early to stand a better chance of scoring well.

"Ideally, you should have your shot within 5-7 seconds of taking the anchor position. If you hold, all kinds of thoughts start coming to your mind. She held that shot long and the second time she released it early due to pressure," said Coach Purmina Mahato.

HEALTH TIP: Eat more than just the heads of broccoli and cauliflower, eat the stems, stalks and leaves as they too are nutritious

Pumpkin seeds are packed with zinc, magnesium and fatty acids that may reduce the risk of heart disease, high blood pressure

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All you need to know about...

Exercise for mental health

Treatment option
Benefits of physical exercise and a good nutritional diet are as effective as psychological treatment for depression -- one of the most common mental disorders worldwide -- claimed a study.
Treating depression with exercise and a proper diet could also prove to be a cost-effective method for the mental health condition that ranks among the top 25 causes of global disease burden.

As good as CBT
The study, published in The Lancet Regional Health, proved that diet and physical exercise have "the potential to provide mental health care with no lesser effects than cognitive behavioural therapy (CBT) -- a type of talk therapy -- with psychologists". It also showed that results can be achieved remotely, via online video conferencing, while eliminating the need for in-person treatment.

The study
This may prove helpful to people from remote areas. The team based the study on 182 adults who suffered depression between May 2021 and April 2022.
Participants were divided into two groups for six 90-minute sessions over eight weeks using group-based, online video conferencing.
One followed lifestyle therapy (with nutrition, and physical activity) with a dietitian and exercise physiologist while the other had psychotherapy (CBT) with psychologists.
Both methods were found to be equally effective in lowering symptoms of depression, the results showed. "Remote-delivered lifestyle therapy was non-inferior to psychotherapy with respect to clinical and cost outcomes," revealed the findings led by researchers from the universities of Monash, James Cook and Deakin in Australia.
The researchers stressed the need to replicate the study on a larger scale "to increase access to allied health professionals".

—IANS

TASTE OF BHATKAL

Unique flavours and super-special treats from the coastal town

MUDKALE

INGREDIENTS

Grinding ingredients required for Mudkale
- Mota rice/par boil rice : 3 cups
- Basmati rice : 1cup
- Wash and soak rice for about 5-6hr or overnight
- Coconuts : 4 grated
- Salt : 1 1/ 2 tsp

METHOD
- Coarsely grind all the mentioned ingredients together, adding a small amount of water as needed.
- After grinding, transfer the entire mixture into a large bowl.
- Take a marble size of dough, and roll it in between the palms of your hand, make a pointed ball like shape and press lightly on top with your index finger, arrange neatly on plates, ensuring they do not stick to each other.
  (Note: coconut rice dough should be dry, not liquidy, dry enough to easily make stable balls out of them)

Grinding ingredients required for masala
- Desiccated coconut : 15 tbsp / 1 1/2 fresh coconuts, grated
- Fennel seeds : 1tsp
- Green chillies : 5-6
- Onion : a small piece
- Cashew-nuts : 2-3
- Turmeric powder-1/2 tsp

METHOD
- Grind the desiccated coconut powder and fennel seeds into a fine powder.
- Add cashew nuts, onion, chillies, turmeric and 1/2 cup of water. Grind into a smooth paste
- prepare prawn in onion masala
- (4 onions chopped fry in oil till soft add 2 tomato chopped a little turmeric powder Garam masala powder salt 4 chilly coriander powder 1/4 tsp jeera powder 1/4 tsp mix well till the tomatoes incorporate add prawns cook)

Ingredients for the gravy
- Oil : 4-5 tbsp
- Curry leaves : 10-12
- Chillies : 4-5
- Onion, small : 1, sliced
- 1 kg Prawn masala
- Coriander leaves, chopped

METHOD
- In a large utensil, heat oil, add curry leaves, onion, chillies and sauté for a minute.
- Add ground masala. Add 1 litre of water and bring it to a boil.
- Transfer prawn masala and adjust salt.
- Very carefully, add a plate of Mudkale in the masala.
- Do not stir. Just allow it to cook till masala starts boiling.
- Then stir slowly and carefully to prevent the Mudkale balls from settling at the bottom.
- Then again, add a second plate slowly. Allow it to cook till masala starts boiling and again , stir slowly. Keep the flame on medium.
- Then repeat the procedure till you are done with all the Mudkale plates.
- Cook Mudkale till it is completely done by stirring slowly.
- Keep checking the consistency of masala in between. If its too thick, then boil some water in a separate vessel and add it into masala till you get the correct consistency.
- Add chicken pieces, coriander leaves and cook Mudkale for 3-4 minutes more.
- Transfer it into dishes.

KHUBUSA POLI (BREAD PUDDING)

INGREDIENTS
- Bread : 3 slices • Eggs : 9
- Milk : 3 cups • Vanilla : 1 - 1/2tsp
- Sugar : as needed • Salt : a pinch
- Almond slices : 35gms

METHOD
- Cut the sides of the breads.
- Boil milk and remove from fire.
- Soak bread in milk and add 4-5 tbsps of sugar.
- Allow it to cool. Once it has cooled, blend this mixture in the blender by adding eggs and vanilla essence.
- Adjust the sweetness with sugar and blend thoroughly.
- Grease an 8-inch pan with 1 tablespoon of ghee and pour the mixture into it.
- Bake in a preheated oven at 160°C. After 15 minutes, sprinkle almond slices on top and continue baking until golden brown.
- Allow it to cool and transfer into a serving plate. Cut into small pieces and serve.

SHAIYA BIRYANI (VERMICELLI BIRYANI)

INGREDIENTS
- Onions - 8-10, large, sliced (approx 1kg)
- Chicken/Prawns-750gms
- Chillies - 12-15
- Tomato - 1
- Ginger garlic paste - 1tsp
- Haldi - 1/2 tsp
- Yoghurt - 1tblsp
- Corriander leaves
- Salt - to taste
- Oil
- Vermecelli : 1packet
- Yellow food colouring

METHOD
- Heat 4-5 tablespoons of oil in a pressure cooker. Add onions, chillies, and salt. Cook until 1-2 whistles, then turn off the flame.
- Open the cooker, stir the onion, and cook on high flame until all the water has evaporated and the onions turn golden brown.
- Add the chopped tomato and cook for 5 minutes.
- Add ginger garlic paste, turmeric powder Garam masala powder and cook for 2 mins.
- Add the yoghurt and cook until the mixture becomes thick and dark brown.
- Add the chicken and a small amount of chopped coriander leaves, then cook on low flame until the chicken becomes tender.
- In another large utensil boil water, add salt , 2-3 tblsps of oil and vermicelli. Cook for 3-4 minutes or until fully done.
- Drain vermicelli in strainer and and pour cold water on it to avoid sticking.
- Transfer the biryani masala in a large utensil and spread evenly at the bottom.
- Then pour half of boiled vermicelli and spread evenly.
- Sprinkle food color and chopped coriander.
- Pour remaining vermicelli and spread evenly
- Pour 1/4 cup of oil over the biryani , close with a tight lid, and simmer on low flame.
- garnish on top with food colour and leaves and fried onions

Fatima Riyaz, Visiting chef, Courtyard by Marriott Bengaluru Outer Ring Road.

Feeling nostalgic— Actor Hugh Jackman, who has resurrected Marvel Studios with his recent superhero movie 'Deadpool & Wolverine', recently took to Instagram and shared a picture with Oscar-winning actor Ke Huy Quan, accompanied by a heartfelt voiceover

PC wraps up on this note

Actress Priyanka Chopra Jonas has wrapped up her international project 'The Bluff'.

On Saturday, the actress took to the Stories section of Instagram and dropped two videos in which she can be seen sitting in the car along with her mother Madhu Chopra and arriving for the film's wrap-up party.

However, PC – as she is popularly known – arrived a bit late for the party, and joked about being late for the event as she played the song 'Aaja Shaam Hone Aayee' from the Salman Khan-starrer 'Maine Pyar Kiya'.

The actress said that the lines from the song, "Aa jaa shaam hone aayi, mausam ne li angdaayi" fit perfectly well with her situation.

In the video, Priyanka's mom can be seen lip-syncing to the track while Priyanka, who has earlier lent her voice to songs like 'In My City', 'Ullathai Killathe' from her debut film 'Thamizhan', sang the song treating her followers with her vocal prowess.

Earlier in the day, Priyanka lauded her husband, singer-songwriter Nick Jonas for his performance in the film 'The Good Half'. She took to her Instagram and shared the trailer of the film and wrote in the caption: "Cannot wait for you all to experience this beautiful poignant, touching movie with incredible performances. I may or may not be slightly biased, but @nickjonas, you are phenomenal in this one. The Good Half coming to theatres near you on August 16 (sic)."

The film premiered on June 8, 2023, at the Tribeca Festival, and was released in the US on July 23, 2024.

Global outing

Actress Kalki Koechlin, who was recently seen in the streaming movie 'Kho Gaye Hum Kahan', has wrapped up the first schedule of her international film, 'Her Song'.

During the first schedule, the actress had a blast, recalling several fun moments from the filming.

The film is set against the backdrop of France, with Kalki deeply involved in the film, even helping to raise funds for the production.

Sharing her experience of the first schedule, Kalki told IANS: " 'Her Song' has been an incredible experience. I've been speaking with an American accent so much that people ask if I'm American. We had fun moments like losing sheep in the forest, using every villager as an extra, and a revolt over tiramisu at lunch. I even drove around a roundabout seven times because I forgot the rules."

The actress often shares delightful snippets from her time in France with her followers on social media, giving them a glimpse into her on-set experiences.

In the film, Kalki plays the role of Olivia, a witty American-French writer who returns to France to write her grandmother's story. The character navigates her cultural heritage and personal journey, blending past and present experiences.

Meanwhile, Kalki will also be seen in the upcoming Tamil film 'Nesippaya', in which she will step into the shoes of Indira, a lawyer based in Portugal.

— IANS

HIT MAKER

Sharvari on the brink of delivering a hat trick of hits

One of Bollywood's talented artists, Sharvari, is experiencing a dream year that many actors aspire to achieve. With two back-to back hits, 'Munjya,' which grossed Rs 100 crore at the box office, and 'Maharaj,' a global success on streaming platforms, Sharvari is now preparing for her third release of the year, 'Vedaa.' Judging by the unanimous praise for its trailer and the high anticipation for her performance, she might be on the brink of delivering a hat trick of hits.

Sharvari attributes the overwhelming love she is receiving for 'Vedaa' to her director and mentor, Nikkhil Advani. Expressing her gratitude, she says, "I'm honestly just too happy right now to enjoy this moment, and I can have this special moment in my life because of my director Nikkhil Advani and his unflinching faith in me. I decided to be an actor for the love of the craft. I'm a director's actor, and I submit to the story, and that is my priority. So, what people are loving is all Nikhil sir's vision for Vedaa."

Sharvari's dedication to not letting down Nikkhil Advani, who believed in her when only a few others did, is evident. She passionately states, "I hope 'Vedaa' becomes a huge success for us all. I'm very greedy. I want all my films to be hits! I came into this industry, my first film didn't do well, and then I had to wait for three years because of the pandemic for my films to release and do well." "The love that the trailer is getting is an incredible feeling for us all. I thank the audience for this love too. You are the reason that I'm thriving in this industry. So, I owe it all to you too," concludes Sharvari.

—ETimes

Red red fine

Shraddha Kapoor makes heads turn in a red strapless gown. Check out the look

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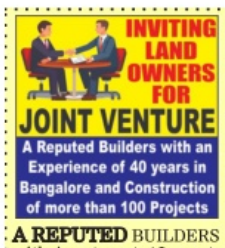
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Traffic police must refund fine, rules court

CONTINUED FROM PAGE 1

Left with no option, Desai paid Rs 1,100 towards the penalty and towing charges to get his car released. Later, he approached the High Court seeking a direction for the traffic police to refund the Rs 1,100 collected as a penalty and towing charges from him as there were no visible sign boards indicating the area as a no-parking zone. To substantiate his claim, he submitted photographs to the High Court showing the absence of signboards or their visibility to motorists at the location where his car was parked.

In response, the state government filed objections, presenting photographs and asserting that the entire main road has been designated as a no-parking zone since November 18, 2008, and also stated that an announcement was made to clear vehicles parked there. However, he maintained that no such announcement was made by the traffic police to clear the vehicles. He also stated that despite the notification declaring the entire main road as a no-parking zone; it was the responsibility of the police to prominently place signboards informing motorists not to park vehicles there.

After hearing the petition filed by Desai, High Court Justice Hemant Chandangoudar gave the judgment

"It is unfortunate that although no parking notifications exist on paper, traffic sign boards are not installed as per the notification.

on June 11, 2024, stating that the photographs submitted by the petitioner clearly depict that there were no signboards where the petitioner parked his car, and those placed along the main road were not visible to motorists.

"Therefore, due to the respondents' failure to place signboards at appropriate locations, it cannot be concluded that the petitioner knowingly parked in a no-parking zone, and thus, he should not be liable to pay the penalty for parking and towing charges. Consequently, the petition is disposed of with directions to respondents – Yelahanka Traffic Police Sub-Inspector, Commissioner of Police (Traffic – Central Division) and the Chief Secretary of Home Department – to refund the Rs 1,100 collected from the petitioner as fine and towing charges within four weeks from the date of receipt of a certified copy of this order," Justice Chandangoudar said in the order.

Meanwhile, the Yelahanka Traffic Police Inspector has sent a copy of acknowledgement on July 28 to Desai stating that Rs 1,100 was deposited in his bank account as per the High Court order.

"I am grateful that the honourable High Court has taken this matter seriously by appointing an advocate as a court commissioner to conduct an inquiry. The advocate examined 18 streets during the spot inspection to determine the facts about the traffic road signs.

It is unfortunate that although no parking notifications exist on paper, traffic sign boards are not installed as per the notification. Consequently, authorities cannot collect penalties for parking violations when the state is at fault," said Desai.

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I, FARIDA .A alias FARIDA QUILONWALA W/o. Ali Asger Quilonwala, residing at Flat No. 201, MBM Royale Apartment, 18th Cross, 18th Main, near Mahaveer Springs, J.P Nagar Phase-5, Bengaluru-78, have changed my name to FARIDA ALI ASGER, vide affidavit dated 01.08.2024, sworn before notary K.S Chandrashekar, Bangalore.

I, MADAN LAL SISODIYA (old name), S/o Bhagwanji Sisodiya, married, R/at No.46, Mariyamma temple Street, Parvathipuram, Bangalore – 560004 have changed my name to MADAN LAL (new name) vide affidavit dated: 3/8/2024 Before Notary K.V.Mani Bangalore.

I, RANI (old name), window, W/o- Deivasigamani, R/at No.45, Annapoorneshwari temple Street, Konanakunte new bank colony, Bangalore – 560062 have changed my name to RANI DEIVASIGAMANI (New name) vide affidavit dated: 3/8/2024 Before Notary K.V.Mani Bangalore.

I, ALFIYA FAKHRI NANAJIWALA D/o FAKHRI R/o No:- 408 Silver Spring Apartment Bannerghatta Road Gottigere Bangalore 560083 have changed my name to ALFIYA for all purposes

I Nanda Ravindra d/o Revanagowda Inamdar R/o No 19 2nd Floor 2nd Cross HIG Dollars Colony RMV 2nd Stage B'luru-560094 have changed my name to Nanda Inamdar for all Purposes.

I Shivakumara S B s/o Basavarajaiah S R/o No 113, Ujjappavadeyarahalli Siddaia - hnakote Post Jagalur Taluk Davangere-577513 have chan - ged my name to Shivakumar S B for all Purposes.

I, Sunita Kumari Peetliya W/O, Goutham Chand B R/O #311, 66th Cross, 5th Block Rajajinagar, Bangalore 560010 I Have Changed My Name To Sunitha Jain For All Purposes

LOST & FOUND

LOST SALE DEED

I, **Mangalagiri Narasimha Swamy**, owner of Site No. 638, situated at 'Canterbury Castles', Melekote Cross, Doddaballapura, Bengaluru Rural District., Declare that I have lost my Sale Deed (Document bearing **No. 74/2001-02, dated 6th April 2001) on 15-06-2024** near Hennur Cross, Lingarajapuram, regarding this complaint (Lost Report No.1171662/2024) dated 31-07-2024 has been lodged, so, if anybody finds the aforesaid Sale Deed Please Contact to this Ph No. **9343941005**.

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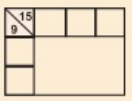
SOLVE IT IN A MINUTE

$-\{-4-5-6(-2-3)\}+3^3 = ?$

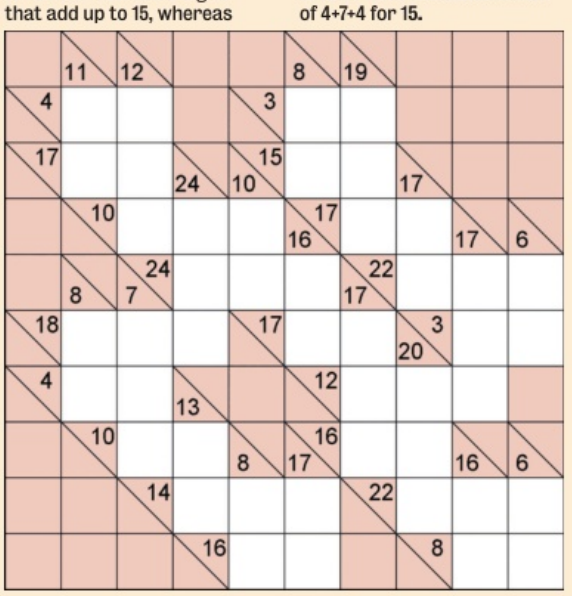
Kakuro

The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas

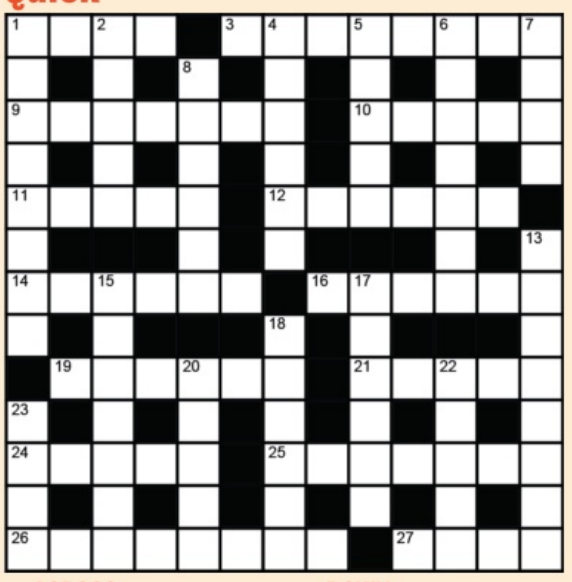


for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

1 Certain (4)
3 A shrew (8)
9 Native of Nazareth (7)
10 Teller of fables (5)
11 Small dog (5)
12 A rain cloud (6)
14 Drips, leaks or secretes (6)
16 Place a bet (6)
19 Ceremony (6)
21 Refers to (5)
24 Balance to estimate (5)
25 Caused persistent annoyance or resentment (7)
26 Does it signify the end of the night? (8)
27 __ __ example (e.g.) (2,2)

DOWN

1 Exchanged swapped or traded, in a way? (8)
2 Harder to find (5)
4 Joins up with (6)
5 Kingdom (5)
6 Unsettle (7)
7 Dozes or slumbers (4)
8 Evolve, deduce or elicit (6)
13 Well ___ __ : very proficient or adept in? (6,2)
15 ___ Building: Skyscraper on M G Road (7)
17 Climb (6)
18 Singer ___ Estefan (6)
20 Theatre attendant (5)
22 Cash registers (5)
23 Inspired wonder (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: Q EQUALS G

PSYVLASAQ, ACV SHSVTVSCA, HTM KL VFL YSAGLNLYV DCNH CD DPTVVLNM.

Linemaro

I know I don't look like much now, but I am drinking milk

Mindchow

Our prime purpose in life is to help others. And if you can't help them, at least don't hurt them

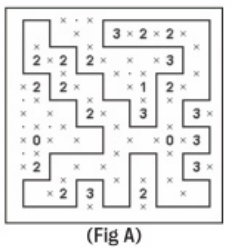
Joke of the day

Honestly the wife does get pissed off over nothing, just yesterday I said to her, "I don't mean to be patronising, by the way patronising means being spoken down to..."

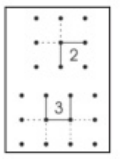
Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)

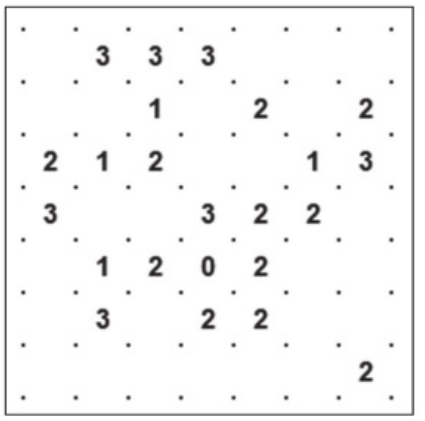


(Fig B) Not Allowed

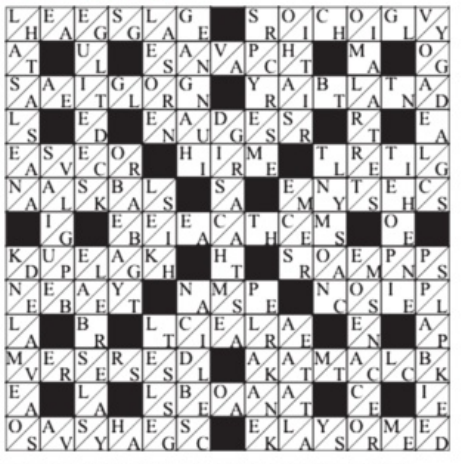
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...

1	2	3	4 K	5
6				
7				
8				
9				

ACROSS

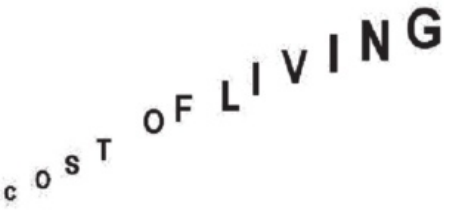
1 Shook; 6 Ovine; 7 Or Its; 8 Lobos; 9 Yon SW

DOWN

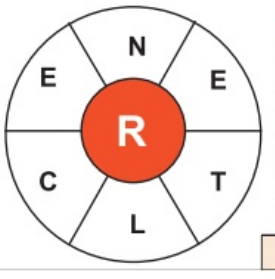
1 BS her; 2 I noon; 3 OO Vol; 4 Two OK; 5 Sy sis

Mensapuzzle

Solve this dingbat:



Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

06 Average; 07 Good; 09 Outstanding

SudokuChallenge

6				9				8
		4	5		1	9		
			6		2			
	7	3				5	1	
	1	2				4	9	
			8		4			
		5	1		6	3		
2				7				5

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

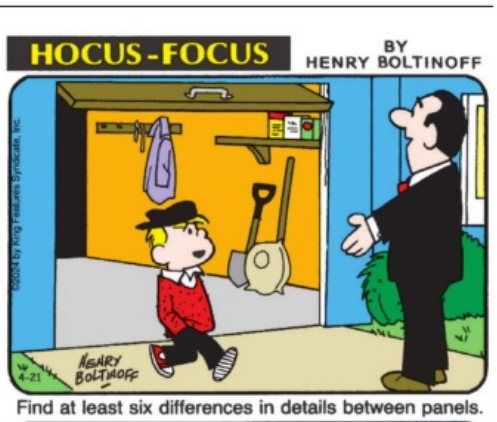
Easy = 6
3 4 6 7

Medium = 29
1 4 5 6

Hard = 9
2 4 7 4

HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.

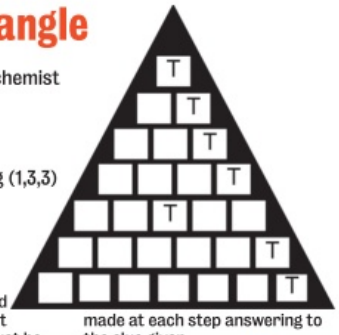
Differences: 1. Arm is higher. 2. Shirt on hook is smaller. 3. Shovel handle is shorter. 4. Shelf bracket is moved. 5. Door handle is smaller. 6. Cap is different.

Riddler

Of five consecutive even numbers, the highest is divided by four and 20 is added. If the result is four less than half of the average of the five numbers, what is the lowest of the consecutive numbers?

Alpha triangle

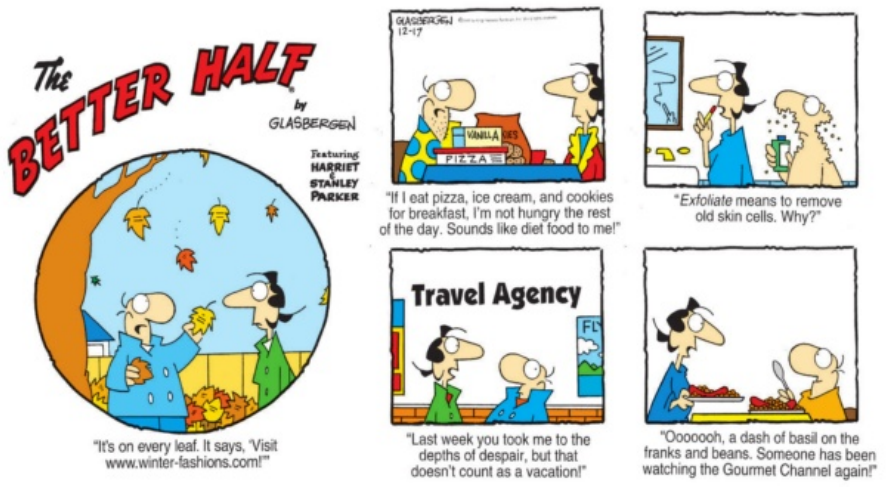
1 Tonne, abbr.
2 Astatine for the chemist
3 Plump
4 Featureless
5 Dire
6 Waterborne
7 Not much in slang (1,3,3)



Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE »

COMICS


The BETTER HALF
by GLASBERGEN
featuring HARRIET & STANLEY PARKER
"It's on every leaf. It says, 'Visit www.winter-fashions.com!'"
GLASBERGEN 12-17
VANILLA
PIZZA
"If I eat pizza, ice cream, and cookies for breakfast, I'm not hungry the rest of the day. Sounds like diet food to me!"
"Exfoliate means to remove old skin cells. Why?"
Travel Agency
"Last week you took me to the depths of despair, but that doesn't count as a vacation!"
"Oooooh, a dash of basil on the franks and beans. Someone has been watching the Gourmet Channel again!"

BABY BLUES™
BY RICK KIRKMAN & JERRY SCOTT
WOULD YOU SEE IF ANYBODY HAS ANY WHITE CLOTHES THEY WANT WASHED IN THIS LOAD?
OKAY!
HERE'S MINE...
THANK YOU.
...HERE'S MOM'S AND WREN'S.
THANK YOU.
...AND HAMMIE'S.
I HOPE YOU PLAN TO PRE-SOAK.

IN ETERNAL DARKNESS, A CREATURE WHOSE ONLY INSTINCTS ARE TO SLAUGHTER AND CONSUME FEELS AWAKENING FOR THE FIRST TIME IN A MILLENNIUM.
AND WITH A FURY UNFATHOMABLE, IT PURSUES THE CAUSE OF ITS TORMENT.
ITS SINGULAR PRIMAL DESIRE... DESTROY... DESTROY... DESTROY!
FLASH GORDON
WITH A HERCULEAN EFFORT, FLASH BURSTS BACK THROUGH THE LOOKING GLASS!
THUNC!
BARELY ABLE TO STAND, FLASH STEADIES HIMSELF AS THE MONSTER RETREATS.
BY TAO! WHAT MANNER OF MAN ARE YOU?
WH...WHERE AM I?!?
YOU HAVE SURVIVED THE DARK DIMENSION, MY FRIEND. I AM IN AWE. ONE CAN'T HELP BUT ADMIRE YOU, EARTHLING. YOU ARE A CREDIT TO YOUR RACE.
GUARDS...
KILL HIM.
NEXT: GARAKAHN!

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today's messy situation is under control. You are blessed by the moon. You may initiate your postponed work. With the blessing, you may get the reward for your hard work. There are some gains in your business which may boost your finances. You may spend money on artefacts or literature. You may also plan to travel overseas.

Taurus Apr 21 – May 20
Today, you may be busy with family issues. You may explore your extra sources of income in terms of gains. You might take an interest in artefacts, movies, and glamour which may improve your creativity. Love birds have a clear view in terms of their relationships. Students may now go ahead towards their aim in terms of career.

Gemini May 21 – Jun 21
Today, you might have health issues. It may affect your profession and domestic life. You are likely to be upset due to your spouse's health issues. Your patience may be tested many times. You are advised not to make investments in new business projects, otherwise you may face losses. Students are advised to work hard in their studies

Cancer Jun 22 – July 23
Today, you are blessed by a positive moon. You may feel healthy, old health issues may be cured now. The amount, which was stuck somewhere, may likely be recovered now. You may also apply for a loan to buy some stuff related to luxury.

Leo Jul 24 – Aug 23
Today you may feel very dull. It may make you lazy and careless, you are likely to be unfocused at work, and impatience may pull you down negatively. Kids and spouse health may make you upset. You are advised to avoid making investments in assets. Love birds should avoid making arguments in family matters.

Virgo Aug 24 – Sep 23
Today you may find negative vibrations around you, which may make you unhappy. You are advised to avoid making investments in worthless assets. Your friends are not likely to be supportive today. You are advised to follow intuition before making important decisions today.

Libra Sep 24 – Oct 22
Today you may be able to implement business plans successfully with the support of your subordinates. You may be involved in some social or family get-togethers, which may boost your network. You may likely go for short business-related travels, which may give you benefits in the near future.

Scorpio Oct 23 – Nov 22
Today is a good day. Your financial health is likely to be good. You may get benefits from your past investments. You may have control over your spending on worthless things, which may boost your savings. Love birds are advised to be polite in the conversation with their partner, otherwise there may be some conflicts between them.

Sagittarius Nov 23 – Dec 22
Today you are blessed by the moon, a good day for you. You have good vitality and energy. You may enjoy at work, and romantic moments with your spouse, which may improve family harmony. You are likely to make new plans to start some new project, your perfection may help you to design the flow chart. Job aspirants will find a good job. Love birds are advised to avoid discussions on worthless topics.

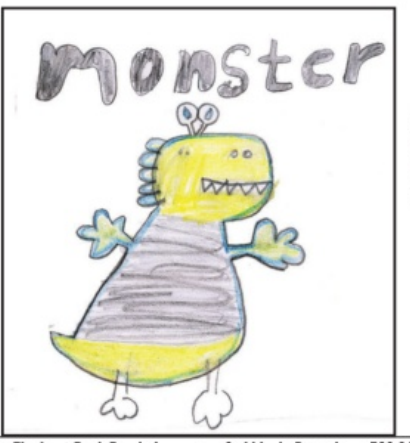
Capricorn Dec 23 – Jan 20
Today you may be disappointed. You are advised to control your arrogance otherwise, you may face some losses. Love birds should be careful in discussion otherwise, relations may be affected.

Aquarius Jan 21 – Feb 19
Today, you are blessed by the moon. New sources of income may likely open. Your past investments will now start paying in terms of profits. Your losses will convert into profits, which will boost your financial health. Health issues related to parents may be resolved.

Pisces Feb 20 – Mar 20
Today you may be very happy, but you will be busy at work. Your seniors may be happy and appreciate your work. You may likely have some changes in your place, position or responsibilities at work, in terms of promotions. Your opponents and hidden enemies may be under control now. Singles and love birds may make important decisions in terms of marriage with the help of relatives or friends.

KIDZONE

Surya Prajin G, 10 Years, Citizen's High School



Liltheesh R, 6 Years, Maruthi Vidyalaya

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SOLUTIONS

SOLVE IN 1M
-{-9-6(-5)}+27=
-{-9+30}+27=
-{21}+27=
-21+27=
6

BULL'S EYE
enter, erect, LECTERN, leer, recent, reel, relent, rent, tree

FAST FIVE

S	N	O	W	Y
B	O	L	O	S
R	I	O	T	S
E	N	V	O	I
H	O	O	K	S

STRIKE OUT

H	A	G	G	L	E	S	I	C	I	L	Y			
A	L	E	N	A	C	T	M	O						
S	A	I	G	O	N	R	I	B	A	N	D			
S	D	N	U	D	E	S	R	E						
A	V	E	R	I	R	E	T	E	I	L				
N	A	S	A	L	A	M	Y	T	H	S				
G	B	E	A	C	H	E	S	O						
K	U	L	A	K	H	R	O	M	P	S				
N	E	A	T	A	M	P	N	O	E	L				
A	B	T	I	A	R	A	N	A						
V	E	E	R	E	D	A	T	T	A	C	K			
E	L	L	E	A	N	T	C	E						
S	A	S	H	E	S	K	A	Y	O	E	D			

QUICK

D	A	Y	B	R	E	A	K	A	S	A	N			
E	T	E	I	D	L	I								
W	E	I	G	H	R	A	N	K	E	D				
A	L	S	O	E	I	E								
R	I	T	U	A	L	C	I	T	E	S				
D	T	G	S	R										
E	X	D	E	S	G	A	M	B	L	E				
H	V	S	R	V										
C	O	R	G	I	N	I	M	B	U	S				
T	E	R	G	L	T	S								
I	S	R	A	E	L	I	A	E	S	O	P			
S	U	R	E	H	A	R	I	D	A	N				

SUDOKU

6	5	1	3	9	7	2	4	8
7	2	4	5	8	1	9	6	3
3	9	8	6	4	2	7	5	1
8	7	3	4	6	9	5	1	2
4	6	9	2	1	5	8	3	7
5	1	2	7	3	8	4	9	6
1	3	7	8	5	4	6	2	9
9	8	5	1	2	6	3	7	4
2	4	6	9	7	3	1	8	5

MENSA PUZZLE
RIDDLER 96
Rise in cost of living

QUOTE UNCODE
Listening, not imitation, may be the sincerest form of flattery.

ALPHA TRIANGLE
T, At, Fat, Flat, Fatal, Afloat, A flat lot.

GO FIGURE
Easy
7 – 4 – 3 + 6 = 6
Medium
6 x 4 x 1 + 5 = 29
Hard
4 x 7 / 4 + 2 = 9

LOOP

KAKURO

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